

The Mental Reps

Fill this out once. Run it every morning in under five minutes.

1 Box Breathing ~1 min	2 "I Am" Statements 30 sec	3 Highlight Reel 30 sec	4 Today's Priorities 30 sec	5 Quote 15 sec	6 "I Am" Statements 30 sec
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1 Box Breathing *settle your nervous system · repeat 3-4 rounds*

Four equal sides. Calm the body before you train the mind.

INHALE 4

HOLD 4

EXHALE 4

HOLD 4

2 "I Am" Statements *present tense, who you're becoming... earn them*

3 My Highlight Reel *your best moments... the film you replay when self-doubt shows up*

4 Today's Top Priorities FROM YOUR PLANNER

The one step that changes daily. Spend 30 seconds visualizing yourself executing the few things that would make **today** a win... no need to write them here.

5 Quotes That Fire Me Up *keep a short list, rotate them*

6 "I Am" Statements *write them again to close... this time they land deeper*
